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(74) Representative:

(54) PUFFED FOOD

(57) Abstract:

PURPOSE: To obtain the title food having high nutritive value and excellent texture and taste without scorching dough by adding water to a substance containing a protein as main ingredient and a gelatinized grain flour and puffing the mixture by microwave heating.

CONSTITUTION: Water is added to a substance (e.g. cheese, powdered milk or dried egg white powder) containing a protein as the main ingredient and a gelatinized grain flour (e.g. glutinous rice or waxy corn starch having much amylopectin content) so that total water content in the raw material may be preferably 20-80wt.% and the mixture is kneaded and then rolled into e.g. 3-10mm thickness and cut into a proper size. Then the dough is heated by microwave, puffed and dried to provide the objective food.

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